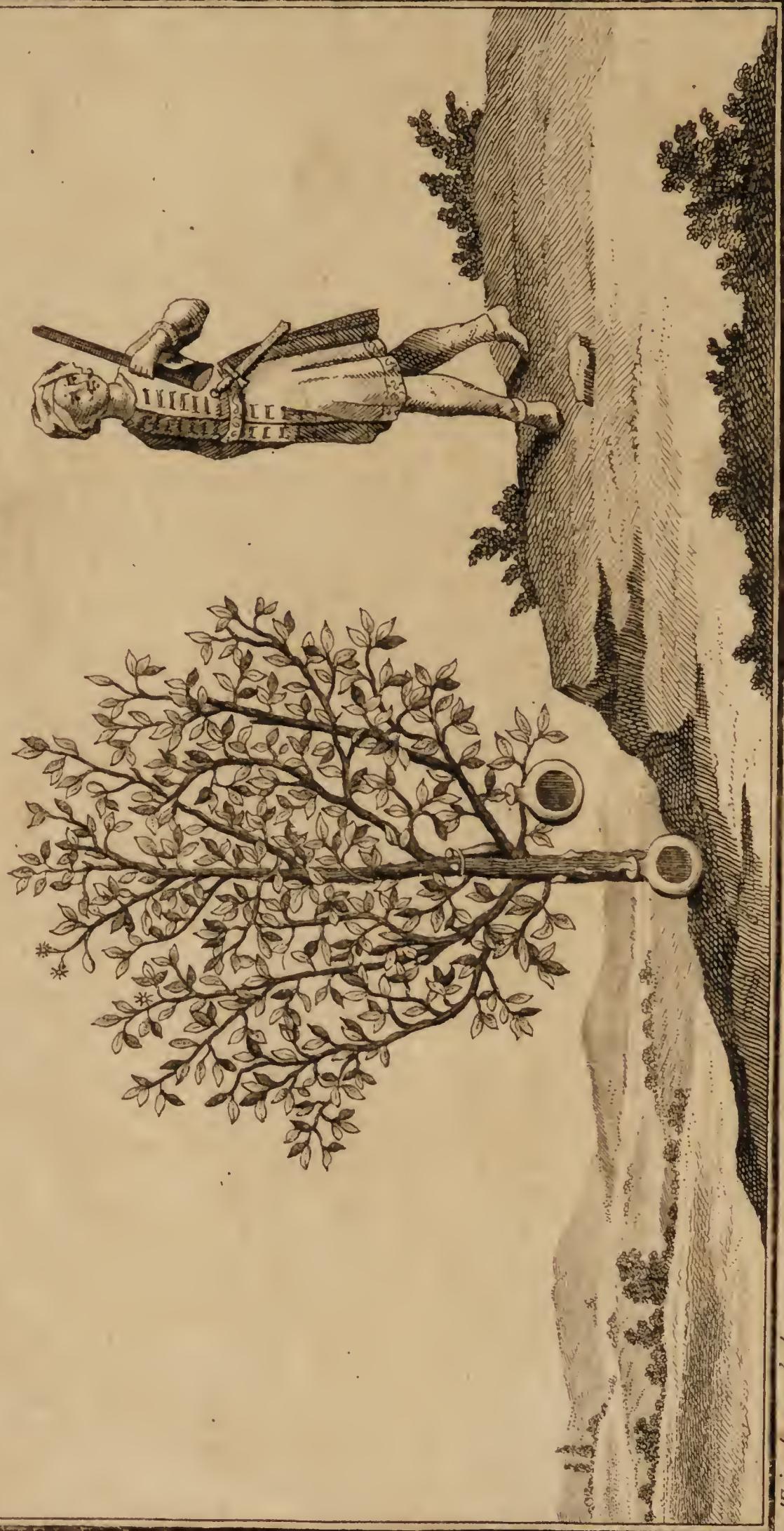


Lebras Vacovsouey: Anna G. -

CARTWRIGHT J.

61229/10

A. Samisary Guarding
the Balsam Tree.



Tringham Salop

A N
E S S A Y
U P O N T H E
V I R T U E S
O F
B A L M o f G I L E A D.

With a COPPER-PLATE of the
BALSAM-TREE, guarded by a Janissary.

As it now grows in the Garden of Mecha, subject
to the Prince of Arabia Felix in Asia.

The SECOND EDITION.

To which is added,

An Account of the Essence of that Noble Medicine,
and proper Directions for taking it; together with
those Rules and the Diet necessary to be observed
during the Course.

L O N D O N:

Printed for G. KEARSLY, at the Golden Lion in
Ludgate-Street.

M D C C L X.

347652



T O T H E

R E A D E R.

I Thought the following Essay would prove no unwelcome present to many Gentlemen, as I have by the permission of my friend communicated two or three facts relating to that most excellent medicine which a great part of the world were heretofore entirely ignorant of; this was one reason for my committing it to the public: the other is to make known the misfortune we labour under in not being able to procure the genuine, least others should be deceived as I have been; and the earnest desire of putting some ingenious Gentleman upon making experiments to discover a means of freeing the balsam from those base and noxious parts.

parts it is always blended with, before it comes into England.

Such a discovery as this I think every Physician should interest himself in, as real and genuine drugs so nearly concern his reputation ; and the consequences of sophistifications being such, as may prove the death of his patient, and his own ruin.

Such a discovery as this would be to me as a private Gentleman a joy inexpressible, being fully satisfied of the benefit mankind will receive from it; which I hope will at least be attempted, and I flatter myself the world will receive this from me as their

well-wisher, and

very humble servant,

JOHN. CARTWRIGHT..



A D V E R T I S E M E N T.

SOME few days after I had committed these sheets to Mr. Kearsly to be printed, I received the following letter :

SIR,

A Friend of mine, who in the earlier part of life, made chymistry his study and delight, happening to see your manuscript at my house, acquainted me he was capable of extracting the Essence of Balm of Gilead, and shew'd me some that he had made above a year ago, which I have sent with this letter for your inspection. I have ordered a copper-plate of the Balsam-tree to be engraved according to your direction, and remain,

SIR,

Your very humble Servant,

London, April
25, 1760.

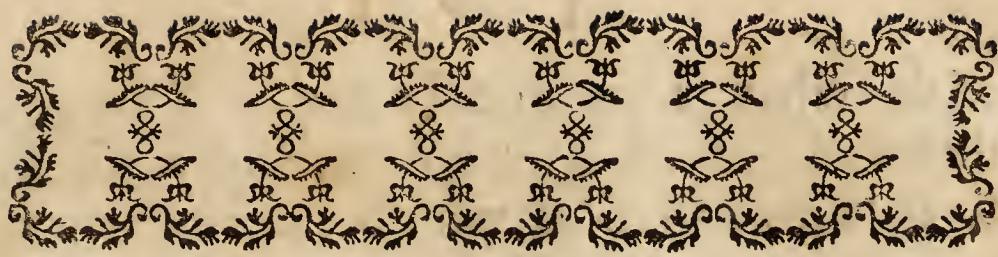
G. KEARSLY.

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A D V E R T I S E M E N T.

A little business requiring my presence in town about this time of the year, I made a journey to London rather earlier than I intended, on purpose to speak to this gentleman concerning his Essence, to whom I was introduced; and on making several experiments, to my great satisfaction, it appeared to be the very thing I had so earnestly desired.

For the Essence was enrich'd with the genuine salubrious particles of the Balsam, palpable to the smell and taste, while the dregs remaining retain'd not the least affinity, but on the contrary, visibly appeared to be a foreign heterogeneous matter, and that in great abundance. Another advantageous circumstance attending the process, and an advantage surpassing my expectation, is this, the menstruum in which the genuine Balm is dissolv'd, is of great service in those disorders, for which the Essence itself is so powerful a specific, and by that means surprisingly furthers the intention of this noble medicine.



A N
E S S A Y

Upon the VIRTUES of

BALM of GILEAD, &c.

P ERUSING the accounts of different authors on the virtues of Balm of Gilead, and the amazing efficacy they ascribe to it in almost all internal complaints, I must confess raised my ideas of it to so high a pitch, that I thought it an universal panacea; accordingly I went to one of the principle apothecary's in London, and desired him to procure me a pound of the genuine Balsam, for I had particularly remarked every one that treated upon it mentioned the scarcity of the real, and ascribed the failure of success to the adulterations it was liable to, and the noxious particles that are blended

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with

with what is commonly sold. This gentleman being an honest man, and a dignity to that profession of which he is a worthy member, assured me it would be in vain to search for the genuine Balm of Gilead in England, saying I might get what was called so in every shop in town, and they would sell it me for the true, but if I would take his word it was not to be depended upon. This greatly chagrined me, as I intended a service to my poor neighbours in the country by this excellent medicine, which I found myself greatly disappointed in, for although I paid an implicit belief to the words of my friend, yet so greatly was I prepossessed in its favour, I was resolved to make a trial of the best I could purchase; accordingly I bought four ounces, for which I paid ten shillings, and they assured me it was the genuine Balsam of Gilead: flushed with my hopes, I took an early opportunity to make experiment of it upon a young man in a visible decline; I prepared it according to the rules laid down by the physical gentlemen; by dissolving it in the yolk of an egg, and gave it to him myself three times every day, but I had the mortification to find in the space of six weeks, during which time he took an ounce and a half, my hopes were foiled, he was considerably worse, and in less than a fortnight after I had put him upon it died:

died: my intimacy with a neighbouring surgeon occasioned me to communicate it to him, and he frequently went with me to see my patient, but frankly told me from the first, I should not succeed; for on examining the Balsam, he assured me it was adulterated very conspicuously with oil of rosemary and turpentine; nay, he made a great query, whether there was one grain of the genuine Balsam of Gilead in the whole four ounces which I bought; I asked him if he really thought it would have performed a cure had it been the true; he told me the lad's lungs were certainly ulcerated, nevertheless he believed the virtues of the Balm of Gilead were so very great, that he should not have despaired of a cure even if it had been himself, could he be certain of procuring the genuine. I asked him if there were no possible means to come at it; in a jocose stile he answered, not without I could scale the Sultan's wall, and invisibly steal it as it flowed from the tree, for a Janiffary guarded every plant; we both of us bewailed our loss, having before us so striking an instance of a youth, who promised to be a good man, snatched away, when we might have prolonged his life by the virtues of this Balsam, perhaps to have been a blessing to mankind. I mentioned to my friend the surgeon the way recom-

mended by authors to prove the genuineness of this Balsam, namely, to pour a few drops into a saucer full of warm-water, when if it is real, they say it immediately spreads itself thinly over the whole surface, and its particles so strongly attract each other, that the whole may be easily separated from the water by touching any one part of it with a piece of stick. This gentleman in the earlier part of life having been in Asia, assured me he had once seen the genuine Balsam, that it came a present to the prince of Arabia Felix, one of whose domestics gave him about half an ounce, (he himself was then in a declining state and so far gone he thought he should never have seen England again) which he took and was quite restored to a firmer state of health than he had enjoyed for some years before, and has continued perfectly well ever since: he says this Balsam had by age acquired a hard and firm consistence, and on making the experiment I before mentioned, he found to his great surprize, instead of floating upon the water, it precipitated to the bottom, therefore continued he, this method is not to be depended upon; and moreover the scarcity of the true renders experiments of this kind almost impossible, the only thing which we are capable of doing, is to find out some means of separating the fine ethereal spirit of the

Balsam

Balsam of Gilead from those heterogeneous particles it is mixed with when brought to us ; this pleased me much as it appeared very practicable, and accordingly I told him I would be at any expence which might be necessary towards the improvement if he would set about it, but he said he was not sufficiently acquainted with chymistry to make a discovery of that kind, and his business hindered him from engaging in the pursuit ; he was fully persuaded it might be brought about by frequent experiments, though he himself was at present unacquainted with any menstruum capable of dissolving the Balsam, to which there did not appear reasons sufficient for him to conclude it would not answer the purpose, however if some ingenious chymist took it in hand he should have great hopes of his succeeding.

Walking home and revolving on our past conversation it appeared to me to be one of the most agreeable tasks man could be employed in, to point out a means whereby many of his fellow creatures might free themselves from ills which have long rendered them a burthen to themselves, and must in a little time bring them to the grave : those decays which human nature is subject to from the inclemencies of the seasons, heats and colds, and a variety of other

other circumstances which affect our constitutions, such as intemperance and debauchery of all kinds, nay, disorders incident to us, even from the very nature of our being, sufficiently convince us of the infirm and helpless state of man, and ought, when we consider the bounties of an all-wise God in his merciful kindness of bestowing *balm* for our sores, to render us thankful to our Great Creator, who does not forsake us in our greatest distress.

Happiness is certainly the laudable pursuit of reason, although the means of attaining it seem so various to mankind, yet whatever passion holds the sovereign sway, disease and sickness nauseates our most sanguine enjoyments, render them imperfect, or totally deprive us from the possession however earnest our desires; since this is the state of man, the preservation of health ought to be one of our principle concerns, it being so essentially necessary to our relishing every kind of pleasure, nay, even to the enjoying life itself.

Such considerations as these induced me to make this public to the world, and at the same time to inform those who are unacquainted with its excellencies, of the extraordinary virtues of this noble medicine; as they have been delivered to me by authentic authority, in hopes to spur on some one of

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the profession to employ his thoughts towards finding out a means to render mankind that service from its powers, which the corruptness of the times at present denies them, by the wicked and infamous adulterations it now suffers.

A great part of what is commonly sold for Balm of Gilead in England, is nothing more than turpentine which flows from a fir-tree in America, bearing the name of the Balm of Gilead Fir, from the resemblance between the genuine Balsam and this turpentine, which enables the trader cruelly to deceive us in so essential a point : but they do not stop here, for even this is again subject to great adulterations.

The *Balsam of Gilead, Judea*, called also *Opobalsamum, Egyptian Balsam, or Balsam of Grand Cairo*, is a liquid white balsam of a small tree or shrub, which originally grew only in the valley of Jericho, but since that part of the world has been subject to the Turks, they have transplanted them into various places ; there are many trees of it in the garden of Mecha, subject to the prince of Arabia Felix, who never parts with it but as a mark of esteem to those he bestows it upon ; the Sultan also sets a just value upon the trees, defending them by high walls and appointing soldiers to keep perpetual watch : so very strict is the prohibition

hibition of coming near them, that it is death for a christian to be found in the garden where they grow.

It is a beautiful shrub, rising to the heighth of a shrub trefroil : some writers have compared its leaves to those of Rue, but my friend the surgeon says, they give the following account of them in Arabia. The leaves resemble those of the Mastich tree, Ever-green, and consisting of three, five, and sometimes of seven wings, the branches fragrant, very tough and rosinous, it bears flowers of a whitish colour, rather inclining to a purple, of an aromatic odour, and not much unlike the Egyptian thorn ; the fruit is called Carpodalsamum ; the seeds yellowish, contained in cods of a dusky red-colour, the taste bitter and pungent, though of an aromatic flavour, and on pressure issueth forth a moisture not unlike virgin honey. Even the wood of this tree is in great repute, they hold it in high esteem for resisting contagious infections, and look upon it as an antidote for poison ; the wood, fruit, and seeds are prescribed in several dispensatories, as things on which great dependance may be placed ; but the difficulty to us of procuring either being insurmountable, I shall confine myself to the virtues of the Balsam alone, which may be come at, although we never purchase it without great adulterations

adulterations were we so happy to live in the valley of Jericho, or could we transplant the garden of Mecha into England, health and long life, with a firmness of constitution unknown to the present times might be our lot. The Balsam when genuine is the most sovereign remedy in the world, it does wonders in weak and decayed constitutions, opens obstructions of the lungs, heals acrimonious erosions, and the worst kind of ulcers ; it has a detergent as well as consolidating quality, so that it cleanses and heals wounds either external or internal, even in the most foul state ; nothing is so efficacious in spitting of blood, inward decays, soreness of the stomach and breast, pleurisies, asthmas, and in all those kind of complaints which require expectoration, particularly disorders of the lungs. It opens obstructions of the kidneys and ureters, helps the stone and bloody urine, also sharpness and heat thereof, and certainly cures gleets and seminal weaknesses ; its immediate operations upon the reins and urinary passages is evident from the smell of the patients urine : externally its powers are very great for wounds and ulcers. It is a most valuable medicine to fortify the head and brain, and likewise to strengthen the nerves.

The Ladies in Arabia use it mixed with
C waters

waters to soften and preserve the skin, likewise to clear the face from pimples and blotches; they certainly act more prudent than the ladies of England, who are now, I am sorry to say, almost universally destroying their bloom and health by the pernicious custom of mercurial lotions. If my countrywomen (which has always been denied by me) require any thing to make them look more fair, let me advise them to follow the example of the Arabians, and accustom themselves to the Balm of Gilead, which not only beautifies but really preserves the skin. The whole of my design as I before observed in committing these sheets to the public, is to point out the most noble medicine in the world, which on account of its infamous adulterations is now almost laid aside: mine being a recluse life, unacquainted with many physical gentlemen, not known in the literary world, my authority will hardly be sufficient to satisfy a critical enquirer of the real efficacy of this Balsam, nor would they, neither do I desire them to believe upon my word alone that it is so valuable a treasure, and so shamefully adulterated, therefore I shall beg leave to illustrate what I have advanced, with quotations from two or three authors, whose reputations are already established, and whose veracities are indisputable. I shall
first

first give you what Quincy says in his own words.

“ *Balsamum Gileadense*, Balm of Gilead,
 “ it is also called *Judaicum* and *& Mecha*,
 “ from the places whence it is brought,
 “ and *Oleum Balsami* and *Opobalsamum* for
 “ the great esteem it has held with some
 “ writers ; it being an exudation from the
 “ true *Balsamum Syriacum Rutæ folio* of
 “ *Caspar Baubine*. This is the finest Bal-
 “ sam we know, of the consistence of a
 “ syrup, but of extremely fine and subtle
 “ parts ; it is very fragrant though of the
 “ turpentine kind ; it is so greatly esteemed
 “ even where it is produced that it is ac-
 “ counted a rich present from the prince of
 “ Arabia Felix (to whom *Mecha* is subject)
 “ to the Grand Seignior, as likewise to
 “ others of the greatest rank. Its price and
 “ scarcity is the reason why it comes to us
 “ so much adulterated ; when genuine, it is
 “ a most noble medicine, it wonderfully
 “ opens obstructions of the lungs, and heals
 “ erosions from acrimony and the worst
 “ kind of ulcerations, there is nothing ex-
 “ ceeds it in asthmas and pleurisies and
 “ whatsoever else requires expectoration.
 “ All inward decays, likewise bruises and
 “ sores are relieved by it, and particularly
 “ those of the reins and urinary passages, for
 “ it very quickly passes that way and ma-

“ nifests itself by the smell of the urine.
 “ Externally used, it deterges and incar-
 “ nates. The yolk of an egg makes it
 “ easily mix with almost any vehicle, and
 “ together with linseed oil it is now much
 “ used for the like intentions, and with bar-
 “ ley water, or any thin liquor it may be
 “ made into an emulsion or draught, as the
 “ *Potio alba.* [But the more agreeable way
 “ of taking it seems to be in sugar or
 “ water.”] Now let us see what Miller
 says of it.

“ *Balsamum Gileadense Judaicum* and *Me-*
 “ *châ verum, Oleum Balsami, Opopobalsamum,*
 “ *Balm of Gillead, Off. Balsamum, Balsam,*
 “ *Ger.-----genuinum antiquorum, the true*
 “ *Balsam of the ancients, Park.----Syria-*
 “ *cum Rutæ folio, the rue-leaved Syrian*
 “ *Balsam, C. B.*

“ This is the thin or liquid rosin of a
 “ small tree or shrub that grows about
 “ Mecha in Arabia, bearing ever-green
 “ pinnated leaves, in shape like those of
 “ the lentiscus or mastich-tree, with an
 “ odd one at the end of the stalk; it bears
 “ small six-leaved whitish flowers on the
 “ top of the stalk, which are followed by
 “ little roundish rugged fruit pointed at the
 “ end. This fruit which is the *Carpobal-*
 “ *samum* and the wood which is the *Xylo-*
 “ *balsamum*, are prescribed in some old com-
 “ positions;

" positions ; but by reason they are not to
 " be had in the shops, other things are
 " substituted in their place.

" This Balsam is the most sovereign and
 " excellent of all others, it is of great ser-
 " vice in weakly and decayed constitutions,
 " and consumptions, difficulty of breathing,
 " soreness of the breast and stomach, spit-
 " ting of blood and pleurify ; it opens ob-
 " structions of the kidneys and ureters,
 " helps the stone and bloody urine, as also
 " sharpness and heat thereof, and the go-
 " norrhea. Outwardly it is of greater ex-
 " cellence than any turpentine for wounds
 " and ulcers.

Pomet speaks to the following purpose.

" Jericho was once the only place in the
 " world where this true Balsam was to be
 " found ; but since the Turks have been
 " masters of the Holy Land, they have
 " transplanted these shrubs into their gar-
 " dens at Grand Cairo, where they are
 " guarded by several Janissaries, during the
 " time the balsam flows. A friend of
 " mine, who has been at Grand Cairo,
 " assured me, that no body, unless by
 " looking over the walls, could get a sight
 " of these shrubs, which are defended by
 " very high walls, as well as soldiers, from
 " any christians entering. And as to the
 " Balsam, it is almost impossible to get any
 " upon the place, unless it is by means of
 " some

“ some ambassador at the porte, to whom
 “ the Grand Seignior has made a present of
 “ it, or by the janissaries, who watch this
 “ precious Balsam ; by which we may un-
 “ derstand, what several cheats pretend to
 “ sell for true Balsam of Gilead, is nothing
 “ but white Balsam of Peru, which they
 “ prepare with spirit of wine rectified, or
 “ with some distill’d oils.

“ But it is met with sometimes in the ca-
 “ binets of great lords. In 1687 there hap-
 “ pened to be a quantity sent to madam
 “ de Villefavin, which was found to be
 “ about fourteen ounces in two leaden bot-
 “ tles, as it came from Grand Cairo, which
 “ was sold to a person who let me see it;
 “ we found it to be very hard, of a gol-
 “ den yellow colour, and a citron smell :
 “ But since that, a friend of mine gave
 “ me an ounce, which he brought him-
 “ self from Grand Cairo, and which was
 “ of a solid consistence, like that of Tur-
 “ pentine of Chio, and of a fragrant smell,
 “ which is the true sign of its goodness.”

Again under the title of Balsam of Mecha. “ The Turks, who go a pilgrimage
 “ every year to Mecha, bring from thence
 “ a certain dry white Balsam, in figure re-
 “ sembling white copperas, especially when
 “ it is stale. The person who made me a
 “ pre-

" present of about half an ounce, assured
 " me, that he brought the same from
 " Mecha liquid, and that the smell is the
 " same as that of the Balm of Gilead. The
 " same person likewise did testify to me,
 " that it was as good as the Balm of Gi-
 " lead." *

There is a tincture and spirit of Balm of Gilead ; the tincture is a great secret in the venereal disease ; the spirit is of great value, by reason of its balsamic virtues, being beneficial to the nervous and membranous parts ; it contains a volatile, subtile, and deterfive salt, which mundifies strongly, by which it takes away the viscosities, impurities, and other diseases of the lungs, ureters, &c.

Lemery speaks to the following effect :

" During the summer from the trunks
 " and boughs of the Balsam Tree flows a
 " liquid rosin white and fragrant, call'd in
 " Latin, *Opobalsamum, Balsamelæon, Balsa-*
" mum de Mecha, Balsamum verum Syria-
" cum, Balsamum album Ægyptiacum seu Ju-
" daicum. As this Balsam is scarce, dear,

* There is not the least reason to doubt but it is one and the same balsam, if fragrance, taste and efficacy can prove it ; besides almost every writer allow them to be the same trees, and the same store is set on them by those who know their value.

" and

" and precious, it is apt to be adulterated.
 " It ought to be of a consistency very near
 " like that of turpentine, of a whitish co-
 " lour, inclining to yellow, transparent, of
 " a penetrating and pleasant smell, the taste
 " a little bitter and acrid.

" But this white Balsam is a natural
 " drug so exalted, it stands in need of no
 " assistance from chymistry, the balsam
 " the most essential part of the tree, and
 " the most valuable medicine to fortify
 " the heart and brain. The dose is from
 " two drops to five or six. And it is like-
 " wise given inwardly to deterge and conso-
 " lidate wounds, strengthen the nerves, and
 " to heal ulcers of the lungs, consumptions,
 " catarrhs and phthisicks, so that there is
 " scarce a better thing in the world. The
 " ladies use it for a wash, and mix it with
 " a little oil and the four cold seeds, to
 " soften the roughness of the skin ; besides
 " which it takes away pimples and blotches
 " in the face. Some dissolve it in spirit
 " of wine, or Hungary water, and so mix
 " it with snail water, or bean flower water,
 " to make a virgin's milk or wash of.

After what has been said I think there
 cannot remain a doubt in the breast of any
 one concerning the virtues of this noble
 balsam ; the genuine Balm of Gilead I agree
 with Lemery, is a natural drug so exalted,
that

that it stands in need of no assistance from chymistry ; but the failure of success in those disorders for which it has always been esteemed a specific by every author, is allowed by all physicians to be owing to the vile practises made use of in adulterating it, and joined to the impossibility of our procuring the genuine, must convince every reasonable man that which is sent to us doth stand greatly in need of some chymical process to render it pure and free from those heterogeneous particles with which it is blended : a process which should separate all the rosinous disagreeable parts of the Balsam itself, and free it from those noxious foreign substances with which it is loaded, and prevents the real efficacy of this noble medicine ; a process which should preserve only the fine subtle genuine spirit, or essence of the Balm of Gilead.

This is happily effected in the essence of Balm of Gilead, mentioned in the advertisement ; the Balsam is by this préparation rendered intirely pure, and the cordial quality of the menstruum it is incorporated with, perfectly adapts it to the most tender constitution, so that I may justly stile it the most sovereign remedy in the world. I must beg leave to mention one circumstance in vindication of this performance ; if there are any ill-natured people,

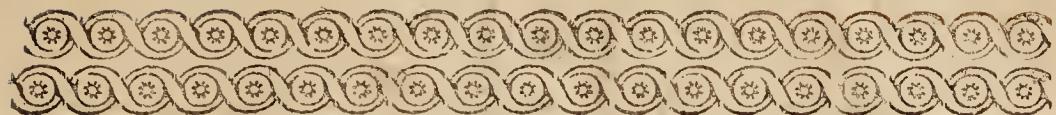
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who may put a wrong construction upon my intention in speaking so highly of this famed medicine, the public are desired to take notice, I have not prostituted my pen in elogiums of a pretended nostrum. The Balm of Gilead always has been in the greatest repute with the most eminent physicians of every country, and the merit of this medicine consists in the virtues of the genuine Balm of Gilead, for which I confess myself much indebted to the ingenious author, who has it in his power to restore many thousands of miserable objects to perfect health, and all those, now lingering under disease and sorrow in any of the complaints before recited, who have faith enough to make experiment of it, if they have a heart susceptible of gratitude, will return him their sincere thanks, for a remedy, which, with the blessing of God, will make them whole.

ERRATA.

Page 12, line 12, instead of that it came a present to the prince of Arabia Felix, read, that it came a present to the bishop of Smyrna from the prince of Arabia Felix.

Page 14, line 5, for convinces, read convince, line 16, for nauseates read nauseate.



Essence of BALM of GILEAD,

O R,

Nature's GRAND RESTORATIVE.

BEING a chymical preparation, wherein is extracted the genuine ethereal particles of that noble medicine, whose balsamic virtues the most eminent physicians of every age, have acknowledged to exceed all other things yet known in physic, for coughs, hoarseness, and tightness across the breast ; it opens the chest, and loosens the phlegm, so that it easily comes away ; pains in the side, and weakness of the reins are certainly relieved by it ; it cleanses internal ulcers, such as those of the lungs, womb and bladder, brings them into a proper state of digestion, removes all hectic heats and incarnates the decayed parts, so as to render the patient sound and in perfect health ; it is by all writers esteemed the finest thing in the world for an asthma, and surprising cures have been done by it in consumptive cases, when out of the reach of noted remedies, and every other hope had failed ; if the lungs are not intirely destroyed, and it is possible to do service, the balsamic restorative qualities of this essence will perform a cure.

To advance its virtues according to its merits, which are well known to all physical gentlemen, far to surpass every other medicine of this kind, the author is afraid would carry with it an air of quackery and puff ; he therefore leaves it to speak for itself, to those who are unacquainted with its excellence, not only in the cases already recited, but in decays and internal weaknesses of every kind. Unwilling to offend the delicate ear, disorders, which men who are free-livers, and women, naturally of weak constitutions, are subject to, are not made mention of, as every one from their own reason will be assured its balsamic and restorative property must touch the cause ; and they will have the satisfaction to find it strengthens Nature, and invigorates all the animal powers beyond what words are capable to express ; insomuch as to render those prolific, who have long in vain wished for an heir,

It removes lowness of spirits, tremblings, anxieties, hypochondrical, and nervous disorders, with those variety of symptoms which indicate a weak and infirm constitution; in a word, as all writers have expressed themselves, its cordial balsamic and restorative qualities greatly excel every other thing of the like nature, and even the most sanguine expectations of those who have already experienced its virtues.

Directions for taking the E S S E N C E.

Sixty drops of the Essence convert a glass of fair water into the nature and property of asses milk, blended and impregnated with the fine balmy ethereal particles of the Balsam of Gilead, and possessing all its virtues.

This balmy milk may be taken, two, three, or four times a day, in any of the cases before-mentioned, without the least restraint or confinement; it is extremely palatable, sets easy upon a weak stomach, and even prevents sickness.

It may be taken by all people, at all times of life without exception, observing to decrease the dose for infants, and it will prove no less valuable for weakly and ricketty children.

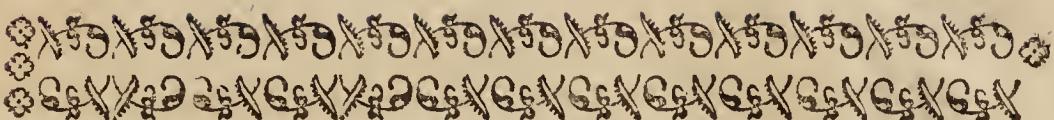
A glass of this balmy milk is highly recommended by way of prevention to those of tender and weak constitutions before they go into the air, as it keeps the wind out of the stomach, and guards the body against the pernicious effects of cold bleak winds, prevents coughs, tightness across the breast, difficulty of breathing, &c. which so commonly afflict invalids, when it blows keen from the north or east point.

Its cordial and balmy quality renders it also an agreeable, palatable liquor, and prodigiously refreshing in the sultry heat of summer; preventing those sinkings which over-power the spirits in hot weather.

Mr. Cartwright affirms, and we have also other authorities, the Arabian ladies used it externally to smooth and preserve the skin from the violence of the winds and scorching heat of the sun.

If I may be permitted to recommend it to my fair readers, without detracting from its amazing virtues when taken internally; the same fragrant balmy properties, and its own innocent nature, justly intitle it to a preference, and its fine soft agreeable odour contributes also to establish its reputation.

Sixty drops put into a pint of fair water is sufficient to wash the face and neck with.



Rules to be observed during the time of taking the ESSENCE.

IF there is reason from a feverish disposition to imagine losing a little blood will be of service, let six, eight, or ten ounces be taken from the arm, according to the age and strength of the patient, either before they use it, or at any time while they are taking the Essence.

If a costive habit of body, let a little rhubarb, or any gentle opening medicine be taken as often as occasion requires.

If inclined to a purging, grate a little nutmeg into it, or let the water be previously boiled with a piece of Cinnamon in it.

Malt liquor should be abstained from, as it creates phlegm, and all salt meats ; the food should be such as proves easy of digestion, and affords a great deal of nourishment. Milk is an excellent diet, in which the Essence itself may be taken if more agreeable ; for those to whom cow's milk may prove too heavy, let it be mixed with an equal quantity of boiling water, which renders it lighter and more easy for weak stomachs.

These rules are to be observed by those who are extremely ill, and they should likewise abstain from wine and spirituous liquors of all kinds ; but where the case is not very bad, their ordinary diet may be admitted, and less restriction is necessary.



